

ADULT YOGA CLASSES



OPEN TO ADULT & SENIORS • ONGOING REGISTRATION

MONDAYS

9:30 AM - 10:30 AM

JONES HALL, 591 MONTGOMERY STREET

12:30 PM - 1:30 PM

PERSHING FIELD COMMUNITY CENTER
201 CENTRAL AVENUE

2:00 PM - 3:00 PM

OCEAN TOWERS, 425 OCEAN AVENUE

6:30 PM - 7:30 PM

P. S # 16, 96 SUSSEX STREET

TUESDAYS

11:00 AM - 12:00 PM

GRACE CHURCH, 2ND & ERIE STREETS

1:00 PM - 2:00 PM

JOSEPH CONNORS SENIOR CENTER
28 PATTERSON STREET

WEDNESDAYS

6:30 PM - 7:30 PM

MARY MCLEOD BETHUNE CENTER
140 MARTIN LUTHER KING DRIVE

FRIDAYS

9:30 AM - 10:30 PM

GRACE CHURCH, 2ND & ERIE STREETS



PROPER ATTIRE REQUIRED (EX. EXERCISE CLOTHING AND SNEAKERS)

CAROL LESTER, INSTRUCTOR - CARDIAC YOGA CERTIFIED WITH OVER 3000 TEACHING HOURS

PRESENTED BY: **MAYOR STEVEN M. FULOP**, THE JERSEY CITY MUNICIPAL COUNCIL AND
THE DEPARTMENT OF RECREATION



For more information, please call 201-547-5003
or visit jerseycitynj.gov.



City of Jersey City Official Government Page
JC_GOV



This activity is not a school-sponsored activity